

Mondays to Fridays

NOTE Between Stratford and Romford extra buses provide a service every 6 minutes during peak hours.

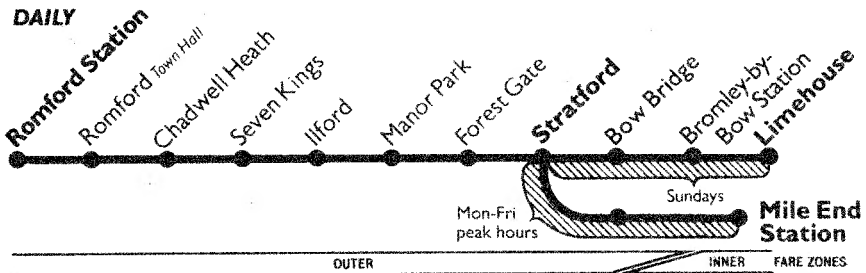
Mile End Station	05:30	05:38	05:48	05:58	06:08	06:20	06:32	06:38	06:44	06:50	06:56	07:01	07:07	07:11	07:16	07:21	07:26	07:31	08:55
Bow Church	05:30	05:38	05:48	05:58	06:08	06:20	06:32	06:38	06:44	06:50	06:56	07:01	07:07	07:11	07:16	07:21	07:26	07:31	08:59
Stratford Broadway	05:30	05:38	05:48	05:58	06:08	06:20	06:32	06:38	06:44	06:50	06:56	07:01	07:07	07:11	07:16	07:21	07:26	07:31	07:05
Forest Gate Green Street	05:30	05:38	05:48	05:58	06:08	06:20	06:32	06:38	06:44	06:50	06:56	07:01	07:07	07:11	07:16	07:21	07:26	07:31	07:13
Ilford Broadway	05:30	05:38	05:48	05:58	06:08	06:20	06:32	06:38	06:44	06:50	06:56	07:01	07:07	07:11	07:16	07:21	07:26	07:31	07:22
Seven Kings Garage	05:30	05:38	05:48	05:58	06:08	06:20	06:32	06:38	06:44	06:50	06:56	07:01	07:07	07:11	07:16	07:21	07:26	07:31	07:37
Chadwell Heath Coopers Arms	05:30	05:38	05:48	05:58	06:08	06:20	06:32	06:38	06:44	06:50	06:56	07:01	07:07	07:11	07:16	07:21	07:26	07:31	07:50
Romford Market	05:30	05:38	05:48	05:58	06:08	06:20	06:32	06:38	06:44	06:50	06:56	07:01	07:07	07:11	07:16	07:21	07:26	07:31	07:56
Romford Station	05:30	05:38	05:48	05:58	06:08	06:20	06:32	06:38	06:44	06:50	06:56	07:01	07:07	07:11	07:16	07:21	07:26	07:31	07:56
Mile End Station	07:11	07:15	07:15	07:15	07:15	07:15	07:15	07:15	07:15	07:15	07:15	07:15	07:15	07:15	07:15	07:15	07:15	07:15	18:34
Bow Church	07:11	07:15	07:15	07:15	07:15	07:15	07:15	07:15	07:15	07:15	07:15	07:15	07:15	07:15	07:15	07:15	07:15	07:15	18:40
Stratford Bus Station	07:11	07:15	07:15	07:15	07:15	07:15	07:15	07:15	07:15	07:15	07:15	07:15	07:15	07:15	07:15	07:15	07:15	07:15	18:46
Stratford Broadway	07:11	07:15	07:15	07:15	07:15	07:15	07:15	07:15	07:15	07:15	07:15	07:15	07:15	07:15	07:15	07:15	07:15	07:15	18:54
Forest Gate Green Street	07:11	07:15	07:15	07:15	07:15	07:15	07:15	07:15	07:15	07:15	07:15	07:15	07:15	07:15	07:15	07:15	07:15	07:15	19:05
Ilford Broadway	07:11	07:15	07:15	07:15	07:15	07:15	07:15	07:15	07:15	07:15	07:15	07:15	07:15	07:15	07:15	07:15	07:15	07:15	19:14
Seven Kings Garage	07:11	07:15	07:15	07:15	07:15	07:15	07:15	07:15	07:15	07:15	07:15	07:15	07:15	07:15	07:15	07:15	07:15	07:15	19:19
Chadwell Heath Coopers Arms	07:11	07:15	07:15	07:15	07:15	07:15	07:15	07:15	07:15	07:15	07:15	07:15	07:15	07:15	07:15	07:15	07:15	07:15	19:26
Romford Market	07:11	07:15	07:15	07:15	07:15	07:15	07:15	07:15	07:15	07:15	07:15	07:15	07:15	07:15	07:15	07:15	07:15	07:15	19:31
Romford Station	07:11	07:15	07:15	07:15	07:15	07:15	07:15	07:15	07:15	07:15	07:15	07:15	07:15	07:15	07:15	07:15	07:15	07:15	19:31
Mile End Station	18:46	18:51	18:51	18:51	18:51	18:51	18:51	18:51	18:51	18:51	18:51	18:51	18:51	18:51	18:51	18:51	18:51	18:51	00:01
Bow Church	18:46	18:51	18:51	18:51	18:51	18:51	18:51	18:51	18:51	18:51	18:51	18:51	18:51	18:51	18:51	18:51	18:51	18:51	00:04
Stratford Bus Station	18:46	18:51	18:51	18:51	18:51	18:51	18:51	18:51	18:51	18:51	18:51	18:51	18:51	18:51	18:51	18:51	18:51	18:51	00:12
Stratford Broadway	18:46	18:51	18:51	18:51	18:51	18:51	18:51	18:51	18:51	18:51	18:51	18:51	18:51	18:51	18:51	18:51	18:51	18:51	00:21
Forest Gate Green Street	18:46	18:51	18:51	18:51	18:51	18:51	18:51	18:51	18:51	18:51	18:51	18:51	18:51	18:51	18:51	18:51	18:51	18:51	00:29
Ilford Broadway	18:46	18:51	18:51	18:51	18:51	18:51	18:51	18:51	18:51	18:51	18:51	18:51	18:51	18:51	18:51	18:51	18:51	18:51	00:36
Seven Kings Garage	18:46	18:51	18:51	18:51	18:51	18:51	18:51	18:51	18:51	18:51	18:51	18:51	18:51	18:51	18:51	18:51	18:51	18:51	00:40
Chadwell Heath Coopers Arms	18:46	18:51	18:51	18:51	18:51	18:51	18:51	18:51	18:51	18:51	18:51	18:51	18:51	18:51	18:51	18:51	18:51	18:51	00:47
Romford Market	18:46	18:51	18:51	18:51	18:51	18:51	18:51	18:51	18:51	18:51	18:51	18:51	18:51	18:51	18:51	18:51	18:51	18:51	00:52
Romford Station	18:46	18:51	18:51	18:51	18:51	18:51	18:51	18:51	18:51	18:51	18:51	18:51	18:51	18:51	18:51	18:51	18:51	18:51	00:52

Saturdays

Stratford Bus Station	06:36	06:39	06:47	06:56	07:04	07:14	07:16	07:28	07:34	07:45	07:50	07:53	07:59	08:03	08:08	08:12	08:16	08:20	08:24	09:01
Stratford Broadway	06:36	06:39	06:47	06:56	07:04	07:14	07:16	07:28	07:34	07:45	07:50	07:53	07:59	08:03	08:08	08:12	08:16	08:20	08:24	09:01
Forest Gate Green Street	06:36	06:39	06:47	06:56	07:04	07:14	07:16	07:28	07:34	07:45	07:50	07:53	07:59	08:03	08:08	08:12	08:16	08:20	08:24	09:01
Ilford Broadway	06:36	06:39	06:47	06:56	07:04	07:14	07:16	07:28	07:34	07:45	07:50	07:53	07:59	08:03	08:08	08:12	08:16	08:20	08:24	09:01
Seven Kings Garage	06:36	06:39	06:47	06:56	07:04	07:14	07:16	07:28	07:34	07:45	07:50	07:53	07:59	08:03	08:08	08:12	08:16	08:20	08:24	09:01
Chadwell Heath Coopers Arms	06:36	06:39	06:47	06:56	07:04	07:14	07:16	07:28	07:34	07:45	07:50	07:53	07:59	08:03	08:08	08:12	08:16	08:20	08:24	09:01
Romford Market	06:36	06:39	06:47	06:56	07:04	07:14	07:16	07:28	07:34	07:45	07:50	07:53	07:59	08:03	08:08	08:12	08:16	08:20	08:24	09:01
Romford Station	06:36	06:39	06:47	06:56	07:04	07:14	07:16	07:28	07:34	07:45	07:50	07:53	07:59	08:03	08:08	08:12	08:16	08:20	08:24	09:01
Stratford Bus Station	17:33	17:39	17:45	17:51	17:57	18:03	18:09	18:15	18:19	18:23	18:27	18:31	18:35	18:39	18:43	18:47	18:51	18:55	18:59	19:01
Stratford Broadway	17:33	17:39	17:45	17:51	17:57	18:03	18:09	18:15	18:19	18:23	18:27	18:31	18:35	18:39	18:43	18:47	18:51	18:55	18:59	19:01
Forest Gate Green Street	17:33	17:39	17:45	17:51	17:57	18:03	18:09	18:15	18:19	18:23	18:27	18:31	18:35	18:39	18:43	18:47	18:51	18:55	18:59	19:01
Ilford Broadway	17:33	17:39	17:45	17:51	17:57	18:03	18:09	18:15	18:19	18:23	18:27	18:31	18:35	18:39	18:43	18:47	18:51	18:55	18:59	19:01
Seven Kings Garage	17:33	17:39	17:45	17:51	17:57	18:03	18:09	18:15	18:19	18:23	18:27	18:31	18:35	18:39	18:43	18:47	18:51	18:55	18:59	19:01
Chadwell Heath Coopers Arms	17:33	17:39	17:45	17:51	17:57	18:03	18:09	18:15	18:19	18:23	18:27	18:31	18:35	18:39	18:43	18:47	18:51	18:55	18:59	19:01
Romford Market	17:33	17:39	17:45	17:51	17:57	18:03	18:09	18:15	18:19	18:23	18:27	18:31	18:35	18:39	18:43	18:47	18:51	18:55	18:59	19:01
Romford Station	17:33	17:39	17:45	17:51	17:57	18:03	18:09	18:15	18:19	18:23	18:27	18:31	18:35	18:39	18:43	18:47	18:51	18:55	18:59	19:01

Sundays (and National Public Holidays)

Limehouse	Burdett Road	07:38	08:08	08:38	09:08	09:38	10:07	10:37	11:07	11:37
Bromley-by-Bow Station	⊕	07:47	08:17	08:47	09:17	09:47	10:16	10:46	11:16	11:46
Stratford Bus Station	⊕	07:13	08:08	08:38	09:08	09:38	10:08	10:37	11:07	11:37
Stratford Broadway	07:16	07:56	08:16	08:56	09:26	09:56	10:11	10:25	10:40
Forest Gate Green Street	07:16	08:02	08:17	08:42	09:02	09:17	09:32	09:47	10:02
Ilford Broadway	07:30	08:10	08:25	08:40	08:55	09:10	09:25	09:40	09:55
Seven Kings Garage	06:48	07:13	08:18	08:33	08:48	09:03	09:18	09:33	09:48
Chadwell Heath Coopers Arms	06:54	07:19	07:44	08:24	08:39	08:54	09:09	09:24	09:39
Romford Market	07:05	07:30	07:55	08:35	08:50	09:05	09:20	09:35	09:50
Romford Station	⊕	07:10	07:35	08:00	08:40	08:55	09:10	09:25	09:40	09:55
Limehouse	Burdett Road	07
Bromley-by-Bow Station	⊕	11:37
Stratford Bus Station	⊕	11:46
Stratford Broadway	11:37
Forest Gate Green Street	11:40
Ilford Broadway	11:55
Seven Kings Garage	12:03
Chadwell Heath Coopers Arms	12:09
Romford Market	12:20
Romford Station	⊕	12:25



PLEASE HAVE YOUR FARE READY TO PAY THE DRIVER

Mondays to Fridays

NOTE Between Romford and Stratford extra buses provide a service every 6 minutes during peak hours.

Romford Station	0535	0558	0617	0627	0639	0651	0703	0713
Romford Market	0539	0602	0621	0631	0643	0655	0709	0716
Chadwell Heath Coopers Arms	0549	0612	0631	0641	0653	0707	0715b	0731
Seven Kings Garage	0540	0555	0608	0618	0629	0633	0641	0647
Ilford Broadway	0552a	0605	0618	0628	0639	0643	0651	0657
Forest Gate Green Street	0614	0627	0637	0648	0652	0700	0706	0712
Stratford Broadway	0620	0633	0643	0654	0701	0708	0714	0720
Stratford Bus Station	0620	0633	0643	0654	0701	0708	0714	0720
Bow Church	0626	0639	0649	0700	0714	0726	0740	0750
Mile End Station	0631	0644	0654	0705	0719	0733	0747	0757
Romford Station	0724	0842	0846	1453	1500	1506	1724	1729
Romford Market	0729	0848	0854	1500	1507	1513	1731	1736
Chadwell Heath Coopers Arms	0744	0902	0908	1512	1519	1525	1743	1748
Seven Kings Garage	0750	0908	0914	1518	1522	1525	1531	1537
Ilford Broadway	0804	0922	0928	1529	1533	1536	1543	1549
Forest Gate Green Street	0816	0934	0940	1539	1543	1546	1553	1600
Stratford Broadway	0830	0945	0948	1546	1550	1553	1600	1606
Stratford Bus Station	0830	0945	0948	1546	1550	1553	1600	1606
Bow Church	0838	0952	0955	1559	1606	1612	1618	1624
Mile End Station	0845	0957	1000	1604	1611	1617	1623	1629
Romford Station	2319	2331	2343	2355	0015	0037	0059	0111
Romford Market	2323	2335	2347	2359	0019	0041	0063	0085
Chadwell Heath Coopers Arms	2333	2345	2357	0009	0014b	0029	0041b	0051
Seven Kings Garage	2339	2351	2357	0003	0015	0020	0035	0047

Saturdays

Romford Station	0535	0605	0635	0700	0724	0736	0748	0800
Romford Market	0539	0609	0639	0704	0728	0740	0752	0804
Chadwell Heath Coopers Arms	0549	0619	0649	0702b	0714	0726b	0738	0750
Seven Kings Garage	0540	0555	0605	0615	0625	0635	0645	0655
Ilford Broadway	0552a	0605	0615	0625	0635	0645	0655	0705
Forest Gate Green Street	0614	0644	0654	0704	0714	0727	0739	0751
Stratford Broadway	0620	0650	0700	0710	0720	0733	0745	0757
Stratford Bus Station	0620	0650	0700	0710	0720	0733	0745	0757
Romford Station	0859	0907	0919	0927	1731	1743	2252	2302
Romford Market	0907	0919	0927	0938	1743	1755	2302	2312
Chadwell Heath Coopers Arms	0912b	0918	0930	0938	1749	1755	2308	2318
Seven Kings Garage	0912	0918	0924	0930	0936	0940	0944	0948
Ilford Broadway	0922	0928	0934	0940	0946	0950	0954	0958
Forest Gate Green Street	0932	0938	0944	0950	0956	1000	1005	1010
Stratford Broadway	0939	0945	0951	0957	1003	1007	1012	1017
Stratford Bus Station	0942	0948	0954	1000	1006	1010	1015	1020
Romford Station	2343	2355	0015	0037	0059	0111	0133	0145
Romford Market	2347	2359	0019	0041	0063	0085	0107	0129
Chadwell Heath Coopers Arms	2357	0009	0014b	0029	0041b	0051	0063	0075
Seven Kings Garage	0003	0015	0020	0035	0047	0057	0069	0081

Sundays (and National Public Holidays)

Romford Station	0717	0747	0817	0847	0902	0917	0932	0947
Romford Market	0721	0751	0821	0851	0906	0921	0936	0951
Chadwell Heath Coopers Arms	0731	0804	0831	0901	0916	0931	0946	1001
Seven Kings Garage	0637	0652	0722	0737	0752	0807	0822	0837
Ilford Broadway	0645	0700	0730	0745	0800	0815	0830	0845
Forest Gate Green Street	0653	0708	0738	0753	0808	0823	0838	0853
Stratford Broadway	0659	0714	0744	0759	0814	0829	0844	0859
Stratford Bus Station	0702	0717	0747	0762	0777	0792	0807	0822
Bromley-by-Bow Station	0722	0752	0822	0852	0922	0952	1022	1052
Limehouse Burdett Road	0730	0800	0830	0900	0930	1000	1030	1100
Romford Station	1100	1115	30	45	00	15	2230	2245
Romford Market	1104	1119	Then	34	49	04	19	2234
Chadwell Heath Coopers Arms	1114	1129	at	44	59	14	29	2244
Seven Kings Garage	1120	1135	these	50	05	20	35	2250
Ilford Broadway	1129	1144	minutes	59	14	29	44	2259
Forest Gate Green Street	1138	1153	past	08	23	38	53	2308
Stratford Broadway	1144	1159	each	14	29	44	59	2314
Stratford Bus Station	1202	1217	hour	32	47	02	17	2322
Bromley-by-Bow Station	1152	1207	22	37	52	07	22	2322
Limehouse Burdett Road	1200	1215	30	45	00	15	2230	2245

a - Time at Ilford Station Lay Street.
b - Time at Chadwell Heath Wargey Road.